

The Alaska Association of WIC Coordinators (AKAWICC)
The State of Alaska WIC Program
Department of Health and Social Services
Section of Maternal Child and Family Health

The Alaska WIC Program

Nutrition Care Plans



Prepared by
The Alaska Association of WIC Coordinators
Competent Professional Authority (CPA) Training Committee

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Alaska WIC Nutrition Care Plans

The Alaska WIC Nutrition Care Plans (NCP) is a tool. The NCP are provided to you to use as a general optional guide to provide nutrition education to WIC participants. They cover all possible identifiable United States Department of Agriculture (USDA) and Alaska (AK) WIC nutrition risks, however, they are not intended to completely cover all possible participant scenarios. The Nutrition Care Plans were developed from adaptations from the Arizona WIC Program by the Alaska Association of WIC Coordinators (AKAWICC) Competent Professional Authority (CPA) Committee. Other resources included the AKAWICC Nutrition Education Committee materials, USDA Risk Factor Manual, committee members' experiences, and the WIC Food list.

This copy is the Alaska WIC Nutrition Care Plans first edition and it will continue to improve with use. Just because a participant has a nutritional risk, all the suggestions for reducing risk outlined in the NCP, may or may not be appropriate to discuss with that particular participant at that particular time. The person using the NCP still needs to assess the participant's area of concern as well as their readiness to learn. The AKAWICC CPA Committee suggests that the NCP are used in conjunction with appropriate basic counseling strategies, because under certain circumstances, the nutritional risk may not be the number one priority for the participant.

Alaska WIC NCP Sections

Explain to participant

This section includes a script that helps explain the nutritional risk to WIC participants.

Goal

The goal is based on how to reach optimal behavior changes to reduce or eliminate identified nutritional risks.

Suggestions for Reducing Risk

This section explains several appropriate suggestions to reduce identified nutritional risks.

Explain applicable WIC Food

This section explains the particular benefit of the WIC food prescription for WIC Participants' identified nutritional risks.

Explain What the WIC Nutrients Can Do for You

Materials with More Information

The AKAWICC CPA Committee hopes you will find this tool useful to provide nutrition education to WIC participants. If you have suggestions or comments, please contact someone in the AKAWICC CPA Committee.

Alaska Association of WIC Coordinators (AKAWICC)

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AK WIC Nutrition Education Materials Suggested						* High Risk					
C1	C2	HR	AK	USDA	Nutrition Education Materials Titles	C1	C2	HR	AK	USDA	Nutrition Education Materials Titles
			11	101	Foundation For Fitness...for Your Special Delivery (S)			*	35	348	Using the Dietary Guidelines For Americans...for good health
					After You Deliver, Food Guide Pyramid			*	35	349	Using the Dietary Guidelines For Americans...for good health
		*	11	103	Food for Your Baby's First Year & Hot Food Facts For Cool Kids				35	350	Food for Your Baby's First Year
			12	111	Foundation For Fitness...for Your Special Delivery (S)			*	35	351	
					Food Guide Pyramid			*	35	352	Using the Dietary Guidelines For Americans...for good health
			12	113	Helping Your Overweight Child			*	35	353	Understanding Food Allergy
			13	121	Food for Your Baby's First Year & Your Growing Child			*	35	354	Using the Dietary Guidelines For Americans...for good health
		*	14	131	Foundation For Fitness...for Your Special Delivery				35	355	Using the Dietary Guidelines For Americans...for good health
			14	132	Foundation For Fitness...for Your Special Delivery			*	35	356	Using the Dietary Guidelines For Americans...for good health
			14	133	Foundation For Fitness...for Your Special Delivery			*	35	357	Using the Dietary Guidelines For Americans...for good health
		*	14	134	Food for Your Baby's First Year/You Can Help Your Child Gain Wt			*	35	358	Using the Dietary Guidelines For Americans...for good health
			14	135	Food for Your Baby's First Year/You Can Help Your Child Gain Wt			*	35	359	Daily Food Guide
		*	16	141	Food for Your Baby's First Year & Hot Food Facts for Cool Kids			*	35	360	Daily Food Guide
		*	16	142	Breastfeeding Your Premature Infant				35	361	Foundation for Fitness for a Healthier You
		*	17	151	Food for Your Baby's First Year & Hot Food Facts for Cool Kids				36	371	The Facts about Smoking and Pregnancy
		*	17	152	Food for Your Baby's First Year				36	372	Pregnant? Drug and Alcohol can Hurt Your Unborn Baby
			17	153	Food for Your Baby's First Year			*	37	380	
		*	21	201	Getting the Most Out of Iron Rich Foods OR				38	381	Wife Can Stop Baby Bottle Teeth Decay
					Iron Foods for Strong Blood			*	39	362	Nutritional Care for the Child with Dev. Disabilities
		*	22	211				*	40	382	Pregnant? Drug and Alcohol can Hurt Your Unborn Baby
			31	301	Blue Ribbon Babies, Eating Well During Pregnancy				41	402	The Vegetarian Food Guide Pyramid
		*	31	302	Gestational Diabetes and You				41	403	Daily Food Guide
			31	303	Foundation For Fitness...for Your Special Delivery				49	411	Food for Your Baby's First Year
									49	412	The First Twelve Months
			32	311	Foundation For Fitness...for Your Special Delivery				49	413	Ready, Set, Feed Me!
									49	414	Food for Your Baby's First Year, Iron In Foods
			32	312	Foundation For Fitness...for Your Special Delivery				49	415	How to Prepare Infant Formula
									49	416	Food for Your Baby's First Year
			33	321	Blue Ribbon Babies, Eating Well During Pregnancy				49	417	
									49	418	The First Six Wks.; La Leche League (Handout #457 & Breastfeeding)
									49	419	Wife Can Stop Baby Bottle Teeth Decay
		*	34	331	How to Have a Healthier Baby: Tips for Pregnant Teens				49	420	
									49	421	
			34	332	Blue Ribbon Babies: Eating Well During Pregnancy				49	422	Hot Food Facts; After You Deliver, Prenatal Food Guide
									49	423	
		*	34	333	How to Have a Healthier Baby: Tips for Pregnant Teens				49	424	
									49	425	Hot Food Facts for Cool Kids
									49	426	Folic Acid-Did you get your folic acid today?
			34	334	Daily Food Guide & Healthy Start				90	503	
					Blue Ribbon Babies: Eating Well During Pregnancy				91	501	Foundation for Fitness for Your Special Delivery, After You Deliver, Hot Food Facts; A Guide to Feeding Your Baby
		*	34	335	Eating for Two				91	502	New Program Contact Information
		*	34	336	Foundation For Fitness...for Your Special Delivery				92	601	After You Deliver-Healthy Tips for Moms
			34	337	Foundation For Fitness...for Your Special Delivery			*	93	602	Breast Engagement/Sore Nipple Management
								*	93	603	How to Know Your Healthy Full-Term Breastfed Baby is Getting Enough Milk
			34	338	Foundation for Fitness...for Your Special Delivery				94	701	Food for your Baby's First Year
			34	339	Folic Acid-Did You Get Your Folic Acid Today?				95	801	Foundation for Fitness...for Your Special Delivery, After You Deliver, Hot Food Facts; A Guide to Feeding Your Baby
		*	35	341	Using the Dietary Guidelines For Americans...for good health				95	802	Foundation for Fitness...for Your Special Delivery, After You Deliver, Hot Food Facts; A Guide to Feeding Your Baby
		*	35	342	Using the Dietary Guidelines For Americans...for good health				96	902	Daily Food Guide
		*	35	343	Using the Dietary Guidelines; Gestational Diabetes and You						
		*	35	344	Using the Dietary Guidelines For Americans...for good health				96	903	Hot Food Facts for Cool Kids or Food for your Baby's First Year
		*	35	345	Using the Dietary Guidelines For Americans...for good health				97	703	The First Twelve Months-A Guide to Infant Feeding
		*	35	346	Using the Dietary Guidelines For Americans...for good health				98	702	After You Deliver: Healthy Tips for Moms
		*	35	347	Time To Take Five: Eat 5 Fruits and Vegetables a Day				99	901	Daily Food Guide